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Thursday, January 19, 2012
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CareerBear.com, a new website, is the first in Canada to help people learn more about their dream careers and take steps to become what they want to be.

Many of us like to daydream — usually while at our current job — about other careers. Maybe you have thought about becoming a chef, or a plumber or a pilot.

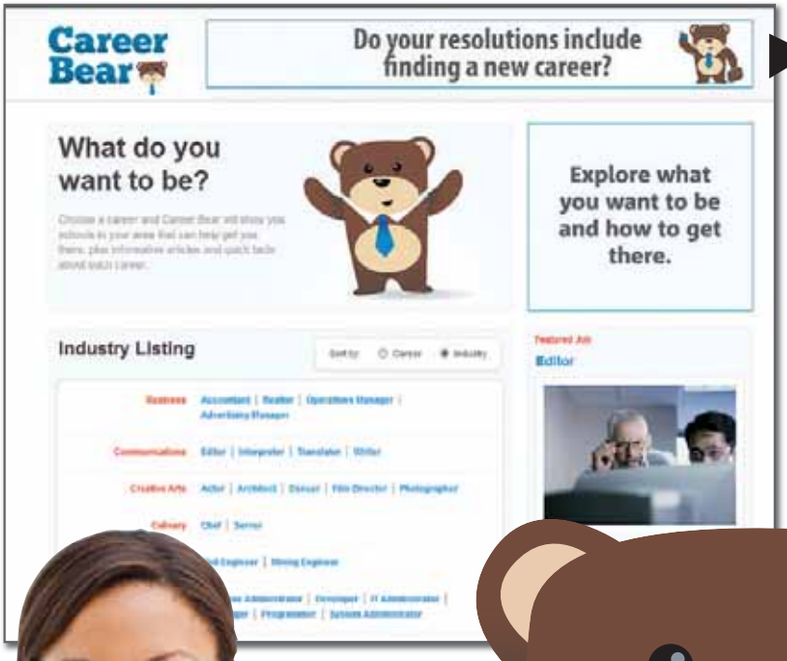
Many of these careers and others are often shrouded in mystery. For example, most people don't know how much a flight attendant makes, or what kind of training is required to become a paralegal. And even if you search around online, it's unclear from most websites how to take it to the next step if you want to pursue that career.

CareerBear.com aims to solve this problem. First, you select a career — any of those mentioned above, plus more in the fields of skilled trades, IT, creative arts, business, etc. Then the site provides you not just with quick facts and articles about how to make your move, but also suggests programs and schools in your area.

For example, let's say you wanted to learn more about becoming a pharmacy assistant. The site's "quick facts" tell you that employment prospects are good and articles let you know more about the job and some of the required skills you may not have guessed.

In addition, CareerBear.com automatically detects your location and suggests relevant training opportunities closest to your city.

If you have ever thought about changing careers or want to learn more about a different path, the site is definitely worth checking out.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FOOD {page 22}

SHE'S BACK
BUFFY STAR RETURNS AFTER TWO YEARS AS STAY-AT-HOME MOM
{page 16}

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Check out our latest offer on page 17

U.S. rejects Keystone XL

The project met with massive opposition in Canada, U.S TransCanada can still resubmit an amended plan

Trapped by an untenable Feb. 21 deadline imposed by Congress, U.S. President Barack Obama rejected TransCanada's proposed $7-billion Keystone XL pipeline on Wednesday in a decision his Canadian counterpart greeted with "profound disappointment."

It quickly became clear, however, that the rumours earlier in the day of Keystone's death had been greatly exaggerated.

When he called Prime Minister Stephen Harper to break the news, Obama took pains to point out that TransCanada was free to submit an amended plan — one that would reroute the Alberta-to-Texas pipeline around an environmentally sensitive aquifer in Nebraska.

"The president explained that the decision was not a decision on the merits of the project, and that it was without prejudice, meaning that TransCanada is free to re-apply," Harper spokesman Andrew MacDougall said.

And though Harper "expressed his profound disappointment" at the decision, MacDougall said, "he indicated to President Obama that he hoped that this project would continue given the significant contribution it would make to jobs and economic growth both in Canada and the United States of America."

Indeed, Keystone XL is more delayed than dead: the move lets the White House reclaim control of the approval process after Republican lawmakers attempted to force Obama into greenlighting the politically charged project in late December.

THE CANADIAN PRESS

New proposal

- In Edmonton, Premier Alison Redford said she had spoken to TransCanada about the province helping it with a new proposal.
- "One of the things that we talked about is whether or not in these current circumstances it might be worth coming up with a plan where we can work together," Redford said.
- Redford said she plans to make another visit to Washington to discuss the pipeline. She also said the decision doesn't mean Alberta will focus more or less on the U.S. or on any other market for its bitumen.

EVAN VUCCI/THE CANADIAN PRESS

▶ Demonstrators march with a replica of a pipeline during a protest against the Keystone XL Pipeline outside the White House on Nov. 6 in Washington.

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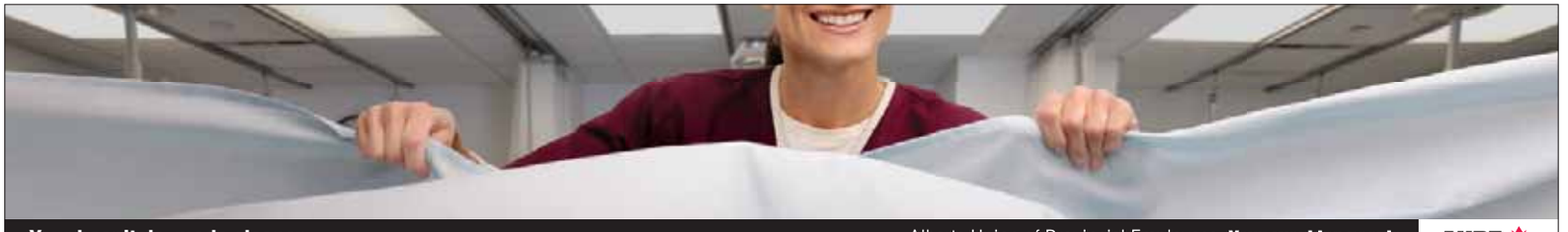

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Program puts bar safety on owners

Strict checklist used to determine which establishments care for patrons, community Calgary chapter of initiative to be launched Thursday

JEREMY NOLAIS
@METRONEWS.CA

Patrons journeying out in search of a pint will likely soon be provided with more information than ever before about Calgary's safest watering holes.

On Thursday, community partners will launch Best Bar None, a program offering safety accreditation to establishments willing to be meet dozens of strict safety standards.

Included on the list of requirements are written policies for serving alcohol, monitoring clientele and dealing with the discovery of illegal drugs.

The program also favours added features like free, non-alcoholic beverages for pregnant women as well as designated drivers and establishments can earn bonus points for utilizing ID scanning technology at the doors and serving all beverages in plastic containers.

Best Bar None

- A total of 42 licensed establishments earned Best Bar None accreditation in Edmonton last year.
- For more information about the program, head to bestbarnone.ab.ca

Ald. Druh Farrell has long pushed for a better relationship between alcohol-serving establishments and the surrounding community.

"In the past, the behaviours stemming from some of these establishments has been detrimental," she said. "With some positive improvements, we can have more of a vibrant city."

Edmonton launched the same program in 2010, and on Wednesday multiple managers in that city told Metro it was a positive step forward.

"They definitely have some tight criteria," said Al Gothjelpsen, acting general manager at the The Pint Public House on Whyte Avenue, which earned Best Bar None accreditation last year.

JEREMY NOLAIS/METRO

▶ Bartender Amanda Bourgeois serves up some drinks at Pazzer's Pub in northwest Calgary Wednesday. While safety is already a priority at the establishment, the staff welcomes Calgary's new Best Bar None program.

Back in Calgary, some pub owners also seemed receptive to the program.

"We have a list of clientele we don't let in already," said Marion Hayes, owner of Pazzer's Pub. "It can only make it safer for my employees to work here, as well."

United Way sets fundraising record

DANI FINCH
CALGARY@METRONEWS.CA

Calgarians stepped up and helped the United Way surpass its 2011 fundraising goal.

"In an economy that is bracketed by both optimism and economic global concern, it's an outstanding achievement," said Heather MacDonald, acting president of the United Way of Calgary and Area.

The 2011 fundraising goal was set at $52.9 million, and it was announced Wednesday that funds raised totalled $54 million, setting a record for the campaign.

$54M The United Way Calgary raised $54 million in 2011.

"It's encouraging when you get that kind of target," said MacDonald.

The campaign ran from September to December, and according to the United Way, donations continued to come in until the final hour.

"It makes all of us emotional when we think about it," said MacDonald.

"It is just thank you, thank you, thank you. Not just for the gifts but for the energy that has gone into these campaigns."

DANI FINCH/FOR METRO

▶ Heather MacDonald

1 news

More smartphones are wielding video call technology, and it turns out a lot of us hate it. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Investment adviser Allan Small has a few questions investors should ask about the state of the market in 2012. More at metronews.ca/investing

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POINT IN TIME COUNT

Volunteers to count homeless

A count of Calgary's homeless population began last night. During what's been dubbed the "Point in Time Count" by the Calgary Homeless Foundation, volunteers will first count those people who sleep outside, and then will offer them help. The second phase of the count will include more than 70 centres that provide shelter for the homeless.

Results of this count will be available in early February. METRO

Death-row inmate applies for clemency

Lawyers for Ronald Smith, a former Red Deer man on death row in Montana, filed a clemency application Wednesday with the state. Smith, 54, killed two Montana men 30 years ago, and has exhausted all appeals. His application is supported by a letter from the Canadian government. THE CANADIAN PRESS

Police ID driver in semi crash

The driver of a semi-truck who died on Highway 2 north of Airdrie on Tuesday evening has been identified as Drago Slipac.

RCMP said Slipac, 52, of Edmonton, died as a result of an unexpected medical emergency. They believe the rollover happened as a result of the medical problem.

Airdrie RCMP are investigating. METRO

Residents out in the cold

Evacuation began at about 6 a.m. Wednesday Apartment dwellers were offered shelter in Calgary Transit buses and at the Kerby Centre

KATIE TURNER
@METRONEWS.CA

About 300 Calgarians got a rude awakening Wednesday morning when a downtown apartment building was evacuated due to high carbon monoxide levels.

Colder temperatures caused a backup of slush near 10th Street, said Frank Frigo of water resources with the City of Calgary.

As a result, ground-water levels rose, causing a flood in the parkade of the Marquis building.

Gas-powered pumps were brought in to disperse the water, but instead they caused a buildup of carbon monoxide.

Mabelle Lee, a senior citizen who has lived at the Marquis for eight years, said she was still in her pyjamas when firefighters came to the door of her 15th-floor apartment.

"They kept knocking and I'm not even dressed. They said, 'Don't bother, just put your coat on,'" Lee said.

At press time, residents had not been allowed back into the building.

"The fact that the water is coming up, which is getting it close to electrical equipment, is why we're reluctant to just move people back in," said Ken Uzeloc, executive officer of the Calgary Fire Department.

Toxic gas

- **There are 200 suites** in the Marquis building, which is at 1108–6 Avenue S.W.
- **On the upper floors,** carbon-monoxide levels were at more than 100 parts per million.
- **The building's parkade** was flooded in 2009 as well.
- **A building inspector** has advised property owners to seek the advice of an engineer if they experience flooding in their properties.

KATIE TURNER/METRO

▶ Emergency crews were on scene for much of Wednesday to deal with flooding in the Marquis apartment building downtown. Residents were hosted at nearby Kerby Centre.

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News in brief

Cancer: First, the good news

DISEASE. More Canadians are being diagnosed with cancer due in part to the aging population, but more are surviving the disease over time, a new Statistics Canada study has found.

But StatsCan senior analyst Kathryn Wilkins called it a "good news story": People are living longer with cancer, so obviously it's more prevalent."

THE CANADIAN PRESS

This panel has red tape taped

PAPERWORK. Bring in a new regulation, get rid of an old one.

That's the way to cut red tape, says the government's red-tape-reduction commission.

Its proposal: "Every time the government proposes a new regulation, it must eliminate an existing one."

Paperwork caused by government regulations is said to cost businesses more than $30 billion a year.

THE CANADIAN PRESS

Porn industry in condom war

WITHDRAWAL. Porn moviemakers say they'll pack up their sex toys and abandon Los Angeles if officials order every actor to wear a condom.

City council voted for a law that would deny permits to producers who do not comply.

THE ASSOCIATED PRESS

He died for his violin

Hungarian musician went back to his cabin to get it after disaster hit cruise liner, his co-worker says

DIGITALGLOBE/THE ASSOCIATED PRESS

▶ A satellite image provided Wednesday by DigitalGlobe shows the Costa Concordia lying on its side off Giglio.

A Hungarian musician died in the Costa Concordia cruise-ship disaster because he tried to retrieve his beloved violin from his cabin.

Violinist Sandor Feher, 38, had been working as an entertainer on the ill-fated liner, which slammed into a reef off the tiny Italian island of Giglio.

Jozsef Balog, a pianist working with Feher, said Feher was wearing a lifejacket when he decided to return to his cabin to get his violin.

Before that, Balog said, Feher helped put lifejackets on several crying children.

He was last seen on deck en route to the area where he was supposed to board a lifeboat.

Feher's body was found inside the wreck and identified by his mother, according to Hungary's Foreign Ministry.

The $450-million Costa Concordia was carrying more than 4,200 passengers and crew when disaster struck.

The death toll stands at 11, but 21 people are still unaccounted for.

Rescue workers suspended operations Wednesday after the cruise ship shifted slightly on the rocks near the Tuscan coast, creating deep concerns for the safety of divers and firefighters searching for the missing.

THE ASSOCIATED PRESS

Captain tripped?

- Francesco Schettino, the captain of the ill-fated ship, was quoted as saying Wednesday that he tripped and fell into the water from the listing vessel and never intended to abandon his passengers.
- He was placed under house arrest Tuesday, facing possible charges of manslaughter, causing a shipwreck and abandoning his ship.

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The day the web got a black eye

Websites go dark in support of Wikipedia's protest
U.S. legislation called threat to freedom on the web

ERIC RISBERG/THE ASSOCIATED PRESS

▶ A blacked-out page is displayed in Wikipedia's San Francisco "war room."

Jan. 18 is a date that will live in ignorance. Wikipedia was black.

The online encyclopedia launched a 24-hour blackout of its English-language articles in a protest against pending U.S. legislation aimed at shutting down sites that share pirated movies and other content.

Other sites joined in:

Reddit.com shut down its social news service for 12 hours.

Google blacked out the logo on its home page, directing surfers to a page where they could add their names to a petition against the bills.

Craigslist changed its local home pages to a black screen directing users to an anti-legislation page.

After 10 seconds, a link to the main site appeared on the home page, but some surfers missed that and were fooled into thinking the whole site was blacked out.

The Internet companies were protesting over the Stop Online Piracy Act in the U.S. House and the Protect Intellectual Property Act under consideration in the Senate.

If passed, the bills could be used to target legitimate sites where users share content.

Wikipedia's decision was reached after polling its community of contributors.

But dissenters say political advocacy undermines the site's mission as a neutral source.

THE ASSOCIATED PRESS

Kingston. Murder trial

▶ Mohammad Shafia and son Hamed are escorted into court in Kingston on Wednesday. Both men, with Mohammad's wife Tooba Yahya, have pleaded not guilty to first-degree murder in the deaths of four family members.

SEAN KILPATRICK/THE CANADIAN PRESS

A curse or just a cuss?

The so-called honour-killing trial on Wednesday got a lesson ... in swearing. Mohammad Shafia, accused of killing his daughters, was caught on police wiretaps saying: "May the devil (defecate) on their graves." But linguistic expert Nabi Misdaq testified that the expression in the Dari language is comparable in English to "To hell with them."

We know how to keep a secret: General

Canada's top military commander is trying to scrub away the tarnish created by a spy case involving a naval intelligence officer.

Gen. Walt Natynczyk says everyone handling secrets is required to observe stringent procedures and conduct themselves ethically.

Sub-Lt. Jeffrey Paul Delisle is charged with communicating information to a foreign entity without authorization.

THE CANADIAN PRESS

MacKay mum

▶ It has been suggested that Sub.-Lt. Jeffrey Delisle was spying for Russia — something Defence Minister Peter MacKay refuses to confirm or deny.

January

19

Pro-resolution.

67 calories per 341mL bottle. That's about half the calories of wines or mixed drinks*. Here's to a win-win resolution.

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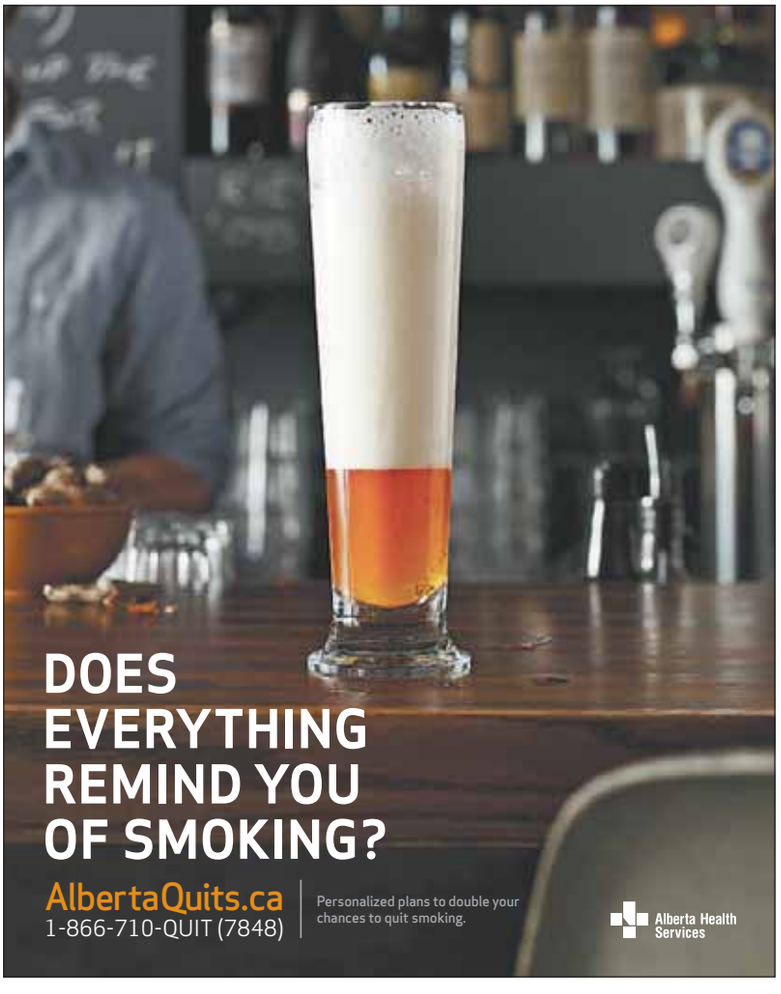
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Kim's eldest son fears N. Korea collapse, book claims

SHIZUO KAMBAYASHI/THE ASSOCIATED PRESS

▶ Copies of My Father, Kim Jong-il and Me, by Tokyo-based journalist Yoji Gomi, are sold at a bookstore in Tokyo on Wednesday.

Journalist uses email exchanges with Kim Jong-nam for new book

A new book claims that the eldest son of North Korea's late leader Kim Jong-il believes the impoverished regime is in danger of collapse and that his young half-brother, chosen to lead after Kim's death, is merely a figurehead.

The book by Tokyo-based journalist Yoji Gomi went on sale Wednesday.

He says it's based primarily on email exchanges he had with Kim Jong-nam over many years.

The book, titled My Father, Kim Jong-il and Me, drew immediate attention as a rare view into the family that has led the secretive country for decades — though Kim Jong-nam is thought to be estranged from his family and the workings of government.

Since Kim Jong-il's death Dec. 17, North Korea has been led by his youngest son, Kim Jong-un. THE ASSOCIATED PRESS

Russia vows to block the West from entering Syria

Syria's powerful allies in Russia vowed Wednesday to block any Western attempts to intervene militarily in Syria as Damascus fights off an increasingly chaotic 10-month-old revolt against President Bashar Assad.

The support came as Assad was showing fresh confidence that he can ride out the uprising with the help of a small — but influential — set of friends in Russia, China and Iran.

Iran also gave Syria another boost Wednesday. According to Iran's semi-official ISNA news agency, the commander of Iran's Quds Force, Brig. Gen. Qasem Soleimani, said Assad's government enjoys public support and won't collapse.

Assad, a 46-year-old authoritarian leader who inherited power from his father in 2000, made two public appearances last week, where he vowed to strike back with an "iron hand" against the "conspiracy" behind the uprising. THE ASSOCIATED PRESS

No retreat

▶ **Military crackdown.** Protesters show no sign of retreat despite the brutal military crackdown that the UN says has killed more than 5,400 people since March.

Slow famine response has 'cost lives': Agencies

Thousands of people died needlessly and millions of dollars were wasted because the international community did not respond fast enough to early signs of famine in East Africa, aid agencies said Wednesday, while warning of a new hunger crisis in West Africa.

Most rich donor nations waited until the crisis in the Horn of Africa was in full swing before donating a substantial amount of money, according to the report by aid groups Oxfam and Save the Children. A food shortage had been predicted as early as August 2010, but most donors did not respond until famine was declared in parts of Somalia in July 2011. THE ASSOCIATED PRESS

News in brief

Remove Occupy London: Court

The Occupy London protest camp that has sprawled outside the city's St. Paul's Cathedral for three months must be removed, a British judge ruled Wednesday.

High Court Judge Keith Lindblom backed local authorities who are trying to evict the protest against capitalist excess, inspired by New York's Occupy Wall Street movement. THE ASSOCIATED PRESS

Monkey-pet ban proposed

A British lawmaker is working to impose a ban on keeping monkeys as pets. THE ASSOCIATED PRESS

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DeeDee Marcelli is a two-time Emmy nominee with more than a decade of international experience as a makeup artist in film and television.

the Bay

European woes affecting Canada's economy: Carney

The Bank of Canada called Europe the biggest threat to Canada's economy Wednesday, estimating the loss in output this year will be about $10 billion.

It said the costs to the world are even greater at more than one per cent of global gross domestic product and 0.8 per cent of GDP for the United States.

Bank governor Mark Carney said his estimate — which works out to 0.6 per cent of Canadian GDP — only represents the bill from Europe's current recession and would be much steeper if the continent is unable to contain its debt crisis.

"Europe is the biggest external threat to Canada without question," Carney said at a news conference after releasing the bank's latest quarterly monetary report on the economy.

"This is an economy, which through no fault of our own, faces considerable external headwinds, there are significant downside risks that are coming from ... notably Europe," Carney said.

The calculation marks the first time the Bank of Canada has attempted to put a hard number on the spillover effects of the ongoing European turmoil.

The bank's estimate means Canada's $16-trillion economy will be worth about $10 billion less at the end of the year, resulting in everything from fewer jobs, lower incomes and corporate profits and bigger government deficits.

The impact on Canada is less than on the U.S. and the world generally, because of the limited exposure domestic banks have to European banks and sovereign debt.

Asked if Canada was in agreement with a proposal to create a $500-billion fund for the International Monetary Fund to deal with the fallout from Europe, Finance Minister Jim Flaherty said he doesn't believe the eurozone's $200 billion contribution is enough. THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. WEDNESDAY

TSX	Dollar
+ 94.69 (12,327.52)	+ 0.39¢ (98.89¢ US)

Oil	Natural gas	Gold
- 12¢ US ($100.59 US)	$2.47 US (- 2¢ US)	$1,659.90 US (+ $4.30 US)

RICHARD DREW/THE ASSOCIATED PRESS

▶ Traders like this one in New York City are weighing signs that Germany could slide into a recession against reports that the IMF could get an injection of funding to help countries struggling with debts.

IMF seeking up to $500B to ease crisis

British PM says his government would be prepared to back an increase if Parliament gives approval

The International Monetary Fund said Wednesday that it is aiming to increase its financial firepower by around $500 billion so it can issue new loans to help ease a worsening financial crisis.

Responding to speculation surrounding its funding requirements, the Washington-based institution said its staff estimates that countries around the world will need about $1 trillion in loans in the coming years. Most of the concerns centre on the 17 nations that use the euro and their debt crisis.

Thanks to about $200 billion that European countries have promised the IMF, it's more than one-third of the way to its fundraising goal.

The IMF has put up about a third of the financing of the eurozone's bailouts over the past two years. But there are growing worries that non-European countries will also need more help because of the worsening economic outlook.

Earlier, its sister organization, the World Bank, urged emerging countries to be ready for a severe global downturn if the crisis in the 17-nation eurozone intensifies.

The eurozone, in particular, has been pushing countries around the globe to give more funds to the IMF. The idea is to build up a larger firewall to stop the continent's debt troubles from spreading to large economies like Spain, Italy or even France.

But so far, even countries relatively flush with cash, like China or Brazil, have been reluctant to put up more money for Europe. So has the United States.

The Obama administration said Wednesday that it had not changed its opposition to further U.S. support for the IMF to handle Europe's debt crisis.

"We continue to believe that the IMF can play an important role in Europe, but only as a supplement to Europe's own efforts," said Treasury Department spokeswoman Kara Alaimo.

How the IMF's fundraising goal will be reached is set to be discussed at a meeting of finance ministers of the Group of 20 leading economies in Mexico next month. THE ASSOCIATED PRESS

Ex-execs knew what they were doing: Crown

Lead prosecutor Robert Hubbard said that former Nortel chief executive Frank Dunn, finance chief Douglas Beatty and controller Michael Gollogly knowingly falsified Nortel's financial statements to show a return to profitability in 2003.

The three men have pleaded not guilty to the charges and none of the Crown's allegations have been proven in court. The trial is expected to last six months. THE CANADIAN PRESS

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Bosnia 13.9 ¢/min	Iran 5.9 ¢/min	Philippines 11.9 ¢/min	U.A.E. 14.9 ¢/min
China 1.9 ¢/min	Israel 1.9 ¢/min	Poland 1.9 ¢/min	Ukraine 7.9 ¢/min
Colombia from 3.9 ¢/min	Italy 1.9 ¢/min	Romania 1.9 ¢/min	U.K. 2.9 ¢/min
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TORIES' NOSES MAY BE A LITTLE OUT OF JOINT

HE SAYS ...

JOHN MAZEROLLE
METRO

The Liberal Party has gone to pot — and I like it.

The Grits, their popularity up in smoke, have decided to nip the problem in the bud by legalizing marijuana.

There. Now that I've got every marijuana pun out of the way, I can say that the Liberals' recent decision to add pot decriminalization to its platform is a rare instance when political expediency collides with common sense.

Yeah, the Liberals are Canada's longest-running situation comedy, and need to do something to win back their dwindling audience. But if that desperation leads to an actual common-sense revolution where the War on Drugs is seen as Reefer Madness, then smoke 'em if you got 'em, because I'm in.

I don't even like pot — the smell makes me queasy — but I know the decades-long battle to teach kids about the dangers of drugs is a colossal failure. How? Because I was a kid.

"... in my experience the predominant symptom among pot smokers is a good-natured sleepiness. Do we really need the government's War on Naps?"

When I was young, all the Nancy Reagan, very-special-Blossom, this-is-your-brain-on-drugs propaganda led me to believe that smoking a joint was on par, health-wise, with enjoying a glass of anti-freeze.

Then I got to junior high and noted with interest that pot-smoking classmates appeared to be fine, save for an apparent inability to comb their hair.

At this point the War on Drugs was useless, because I no longer trusted anything else I had "learned." To this day I have no idea what the relative danger of, say, cocaine actually is. (If it were as dangerous as I was told, you'd notice the crowd thinning over the course of the Oscars.)

Drug education is a lot like those sex-ed classes where they never let on that sex might feel as good as a satisfying sneeze. As you watch a different teacher each year awkwardly describe sex as if it were Basic Tent Assembly, it finally dawns on you: "They're holding back on something *amazing*."

With both sex and drugs, the powers-that-be are withholding the full truth from kids when they need adults' guidance most. That's nothing short of irresponsible.

So, if any kids are reading this, tell your friends: Criminal charges aside, pot looks kind of fun.

I've seen angry, puking, bawling alcohol drinkers pretty much every week of my life, but in my experience the predominant symptom among pot smokers is a good-natured sleepiness. Do we really need the government's War on Naps?

And let's not forget that the Conservatives are planning to make our marijuana laws even tougher. On the slim chance that they ask you if you agree with their approach, remember your training, kids.

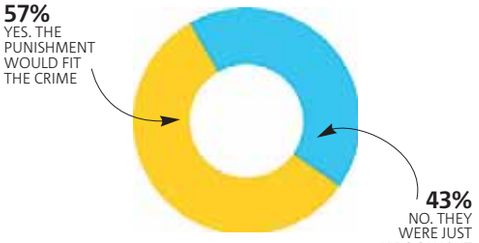
Just say no.

Read more of John Mazerolle's columns at metronews.ca/hesays

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Should Stanley Cup rioters be sentenced to jail time?



Local tweets

- **@tuxofborg:** Pack mentality debunked. Tightly packed cars don't get warmer. Give some room on the roads, please. #yyc
- **@krisbsam:** I dont get why school is closed today? It's -27 but clear skies! Don't we live in #yyc ?! Bundle up!!
- **@KaylaJSchwartz:** My heart goes out to all my freezing buds in #yyc today. So does my laughter.
- **@Emily_Leedham:** I went to the best restaurant last night - The Casbah on 7st & 11ave. Delicious Moroccan delight! The decor is amazing too - go there! #yyc
- **@GarretHeide:** Not sure if I mentioned this but it is COLD in #yyc #Calgary !!!!
- **@_athacker:** Freeeeezing at school... Should have worn my freaking long johns... what was I thinking #yyc #winter #-40
- **@dramatic_girl:** In case anyone missed it, last night, my city was 2 degrees warmer than Mars. #yyc
- **@adragonzord:** It's too cold; the condensation from your breath freezes on your face within a few seconds. I need to move. #YYC

Daily Zoom

GUY TAL

Deep purple

magic carpet

MOJAVE DESERT, UTAH. Every five years or so, this isolated expanse of Utah desert is magically transformed into a meadow of purple wildflowers. Scorpionweed carpets this section of the Utah badlands only when there's a rare combination of winter rainfall and sunshine within a narrow time frame. MWN

"Five years after conceiving the image, I was at last able to capture it. I had the dramatic backdrop of a thunderstorm — an especially rare event in these parts."
GUY TAL, PHOTOGRAPHER

Scorpionweed

- **It has this name for a reason.** Its flowerhead looks like a scorpion's tail and it leaves a nasty rash when touched.
- **How the photographer saw it.** "Each day the patchwork of colours shifted from purple to yellow and changed until, just a couple of short weeks later, the place was again barren."

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Find that work-life balance

Spa retreat offers ultimate 9 to 5 intervention for chaotic lives ◗ Services tailored to you

BACKSTAGE PASS

JENNIFER LARAWAY
METRO CALGARY

Sometimes planning an event comes about through the most unusual circumstances.

Imagine having a friend who is admitted to a hospital's psychiatric ward after being pulled over by the police. Now imagine yet another friend finding themselves in the exact same situation.

For Hugh Simson it was a harsh reality. Although the two friends of Simson's didn't know each other, they did have something in common: they couldn't shut off from work.

ONE WELLNESS SPA

▶ Canmore invites Calgary to a one-of-a-kind spa retreat

"Having not had time to reflect on the direction their life was headed, they both ended up with chemical imbalances within their bodies that led to their manic-like state," shares Simson's who admits he too has his challenges when it comes to finding a work-life balance.

His friends' experiences forced Simson, who owns his own physiotherapy practise, to look in the mirror and make some changes.

In fact, the whole situation inspired him to start One Wellness, a spa resort in Canmore with a revolutionary approach to rejuvenating.

"We tailor our services specifically to each individual. We listen, observe breathing and assess each person's skin and muscular cues so we can customize each service to support the release of physical and emotional tension, address imbalances and restore harmony," says Simson of their unique approach.

"People's expectations and interests in achieving well-being extends beyond looking great — they want to feel great too."

But before the spa could be unveiled, Simson needed to develop his service menu, which includes a fitness component that sees 360 degrees of movement, wellness coaching, and spa services focusing on sleep, release, and joy to name a few.

Now after a year of planning every detail, Simson is ready for Calgary to come to Canmore and experience One Wellness.

"You know that feeling when everything falls into place? Life moves effortlessly and you feel in the zone?" he asks.

"It is in these moments we feel fully present and one with ourselves, our surroundings and are engaged in life. That is the feeling we wish everyone to experience here."

For more information on One Wellness, visit onewellnessandspa.com

Details

Need to know

Background Services range from an average of $140 - $225. Fitness memberships and classes are also available One Wellness & Spa is the official spa of Solara Resort and Spa

2 scene

Ladies Love

After seven years with a no-host format, the Grammys will have an emcee — LL Cool J.
THE ASSOCIATED PRESS

Jessica Alba keeps it 'Honest' with e-commerce business selling eco-friendly family products.

Book no longer sedated

8 years after his death, Johnny Ramone's autobiography to be released

Eight years after he died of prostate cancer, Johnny Ramone's autobiography is finally being published.

Commando: The Autobiography of Johnny Ramone is set for release April 2 by Abrams Image. In an interview Tuesday, his widow, Linda, described the book as "kind of his last word that he knew would be out."

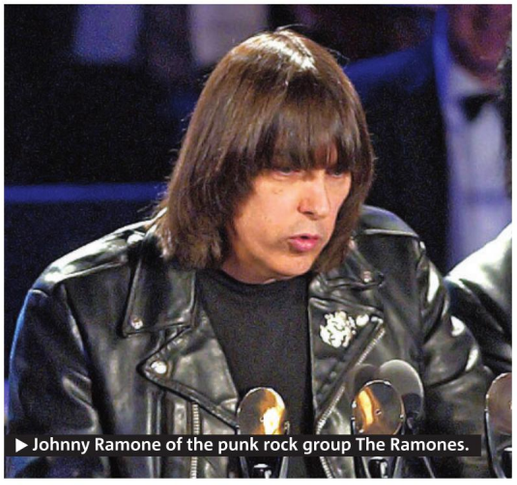
"It is a really powerful book because his whole life has gone before him and he knows it's going to come to an end, and he really needs to tell everybody what he's feeling inside, so that's what makes it so amazing," she added later.

"That is the biggest, most powerful thing, writing a book when you know you're dying."

Johnny Ramone, whose real name was John Cummings, was one of the founding members of the legendary New York City-based punk band the Ramones, members of the Rock and Roll Hall of Fame. Considered one of the most influential guitarists in rock, he died in 2004 at age 55 after battling cancer for five years.

The 176-page book is filled with pictures selected by his wife.
THE ASSOCIATED PRESS

KATHY WILLENS/THE ASSOCIATED PRESS



▶ Johnny Ramone of the punk rock group The Ramones.

She's looking for a few not-so-good men.
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Buffy's balancing act

Sarah Michelle Gellar talks about returning to work after being a stay-at-home mom for two years, and how TV roles suit her lifestyle

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GETTY IMAGES

▶ Sarah Michelle Gellar stars in the TV series Ringer.

Sarah Michelle Gellar made her name in television — with seven seasons of Buffy the Vampire Slayer — before heading to film and then bowing out of entertainment entirely to start a family.

Now she's back on small screen with Ringer, and it's a move she's been considering for some time.

"I realized at a certain point that you have to dip your feet back in or it gets really scary," she says.

"The longer you wait to go back in the harder I think it gets, just emotionally to go back. I hear stories from people that go back to work when their children are younger and they think that transition's then a little bit easier because it's all they've ever known, but I have known being at home for two years — almost two years — that it gets harder when you don't quite understand how it's all going to work, how you manage both lives."

Gellar explains that the idea of taking film jobs and heading off to locations was no longer an option for her.

"I have a young child and I took time off when she was born, and that was the first time pretty much in my entire life that I had taken time off and I couldn't believe how happy I was and how satisfied that I was, being at home and sort of experiencing the other side of life that I hadn't for so long," says Gellar, who has a daughter with husband Freddie Prinze Jr.

"Being a parent is so important to me, and I just couldn't be the parent that goes from country to country and leaves their child or schleps their child.

"It just wasn't the life that I wanted for my family."

Gellar is quick to add, though that she's not judging or criticizing any other actress' parenting decisions.

On Ringer, Gellar pulls double duty as twin sisters Bridget — a recovering addict and ex-stripper — and Siobhan, a wealthy socialite who goes missing after going overboard on a boat trip.

Plenty of complications ensue as Bridget poses as Siobhan while on the run from the mob. But with juicy roles for women in high demand, doesn't Gellar feel a bit greedy taking two?

"What's wrong with a little greed?" she says with a laugh.

"I think that it is hard, and I think that's why so many women are taking charge first of all and coming to television because, let's be honest, that's where the better roles for women are."

Of course, the other major draw of television brings Gellar back to being a parent.

"I realized, 'Wait a second, I can be somewhere the entire year, I can [be there] when I need to take my child for the first day of school,'" she says.

"Two weeks ago, my daughter was very sick and I got to go home and be with her and we were able to work around it so that I could be there when she needed me.

"As soon as she was getting better I could come back, and that's just not a lifestyle that's really offered anywhere else"

Gellar's a Twi-hard

▶ Given her career-making role as TV's main vampire-tackling teen in Buffy the Vampire Slayer, the world is of course curious as to what Sarah Michelle Gellar thinks of that other vampire franchise, "I have not seen the Twilight films. I read the books and I loved them. I thought they were great and it really surprised me because I thought, 'Vampire story, like ... OK,' but I loved it. I was fascinated by it. I was excited and I couldn't put them down — it really surprised me. So one of these days I will sit down and watch the films I just haven't had the time."

OK there Marky Mark, calm down

Wahlberg claims he would have landed 9-11 plane, if he were on flight

It looks like Mark Wahlberg has spent a little too much time talking tough on movie sets. In an interview with Men's Journal, the actor claims that if he was onboard a hijacked plane on Sept. 11, things would have ended differently.

(Before we get started, some fun facts about Mark Wahlberg: He's 5-8 and doesn't have a pilot's license.)

"If I was on that plane with my kids, it wouldn't have went down like it did," says the actor, who had purchased a ticket for one of the planes that crashed into the World Trade Center but changed his travel plans.

"There would have been a lot of blood in that first-class cabin and then me saying, 'OK, we're going to land somewhere safely, don't worry.'"

Oh, Mark. In the real world, saying heroic things in a Southie Boston accent doesn't magically kill the bad guys.

MONICA WEYMOUTH; DOROTHY ROBINSON WILL RETURN TOMORROW

ALL PHOTOS GETTY IMAGES

▶ Mark Wahlberg

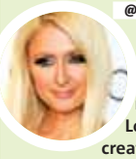
Celebrity tweets

@jimmyfallon

Texted a friend: "What time's Dennis' surprise party?" Dennis texted back: "Guess it's just a party now."

@sarahksilverman

Jesus would be bummed about the Vatican being all filled w riches that could feed the world (but doesn't)



@ParisHilton

In the studio working on new music. Love being creative.

@SteveMartinToGo

My vow: if I can't think up anything interesting to say, I will say it on Twitter.

Depp's situation 'so sad'

While they've lived happily for more than a decade away from the spotlight in France, Johnny Depp and Vanessa Paradis' relationship is reportedly "all but officially finished," multiple sources tell People magazine.

A main reason for that, the sources say, is location, as the couple — parents to children Lily-Rose, 12, and Jack, 9 — has been residing in Los Angeles more and more often.

▶ Johnny Depp

Some close to Depp and Paradis claim the couple has already split up.

"It's so sad," a source says. METRO

Lohan a high-end hooker?

Lindsay Lohan is facing yet another lawsuit, but chances are she's not too concerned about this one.

Thomas Green, a former Marine, is suing the actress for $300,000 for "unfair business practices," claiming that Lohan led him to believe she'd help him with an online business he wanted to start, according to TMZ.

The site refers to Green's filing as "12 pages of incomplete, incoherent gibberish."

In it, Green speculates that Lohan is a high-end prostitute.

METRO

▶ Lindsay Lohan

RiRi 'hooking up' with Chris Brown?

It's been nearly three years since Chris Brown's infamous assault of girlfriend Rihanna, and after all the court dates, restraining orders and reconciliation, the two allegedly have been getting together on the sly, according to Us Weekly. Brown and Rihanna "meet up very casually," a source says.

"She comes to see him anytime she's in L.A. They can't get enough of each other. I don't see it ending well."

So what's the draw of a loose-cannon ex-boyfriend?

"Rihanna loves to live dangerously, and talking to and hooking up with Chris is all part of that," says another source.

METRO

Rihanna

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3 life

The long and the short of it

- Take your fave maxi skirt from the summer, pair it with a sweater and throw on some woolly tights and boots
- It's your new chic-and-cosy, cold-weather look

Style pick

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$148, oki-ni.com

Adrien Brody leads a cast of actor-models in Prada's menswear show.

MARC BY MARC JACOBS
Georgia-printed skirt
$270, netaporter.com

JOE FRESH
Blue-seater gel
$49, joefresh.com

TIBI
long-pleated skirt
$330, shopbop.com

MADEWELL
north-isles sweater
$85, madewell.com

REBECCA TAYLOR
runway pullover
$350, rebeccataylor.com

ADAM LONG
Long-silk-chiffon skirt
$295, shopadam.com

Hanneli Mustaparta expertly nailing the look in New York.

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Your facial resolution

Sorry guys – party season's over As you start the food detox, consider giving your facial regimen a good cleanse as well Here are a few top products to help you get started

Yes, it's January and now is the time for some restraint. Boring, we know, but all those fatty, dairy-filled products and alcoholic tipples have all had a detrimental effect on your skin. The common signs of over-indulgence (aside from the bloated belly): a blotchy complexion, dry skin, dark circles and, yes, zits. These reliables will combat them all.

RICHARD PECKETT
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

CLINIQUE
Anti-fatigue cooling eye gel
$26, clinique.com

MALIN + GOETZ
replenishing face cream
$72, malinandgoetz.com

KYOKU
SKN-FC 677 pore reducing serum
$44, kyokuformen.com

CLARINS
active face scrub
$20, clarins.com

Grooming pick

Hair raiser
Most guys want hair that doesn't look too perfectly coiffed. Girls, never go for a guy who swoons over his own reflection. That's what makes Bumble and Bumble's undressing crème the perfect compromise. It'll give your hair a playful, sexy texture without the fussy, prissiness.
RICHARD PECKETT

BB TEXTURE HAIR (UN)DRESSING CRÈME
$33, bumbleandbumble.com

Jeanne Space

In this hectic modern world, Twitter has become a cool and succinct way of communicating. It allows me to be accessible, instantly speak my mind, and connects me with all kinds of people. Whether it's a fashion question, or you just want to comment on life's bigger picture, I'd love to hear from you.

@Jeanne_Beker: **2012 is the Year of the Dragon. Dragons are unafraid of challenges + like to take risks. What's the gutsy-est fashion move you've ever made?**

- **@chrisjallaire:** Wearing fur in my small hometown. Death wish (but yet I live!)
- **@qualityslippers:** When I was sixteen I wore a unitard to a Sex Pistols concert.
- **@talakamea:** Enrolled in the MA Fashion prgrm @RyersonFashion. Gonna be 1 of the first prgrm grads! My research: the sound of clothing.
- **@AgendaLV:** A top hat with Harley boots.

In one of my gutsy get-ups...as Pierot, to promote Fashion Cares in 2002. Costume by Izzy Camilleri.

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Get more from your floor

As we're in snow boots and slush season, entryway floors will take a beating Give this area some tough love so it's functional but still fun

DIY IDEAS

The spot where we enter our homes — and welcome guests — can be a tricky one to decorate.

It's meant to be a showcase, expressing our style and setting the tone for a visitor's stay. But the floor must withstand dripping umbrellas, muddy shoes and more.

Los Angeles-based interior designer Betsy Burnham is often approached by clients who want help with entryways. Choosing a floor covering is a priority, she says.

Here Burnham and two other experts offer tips on durable, easy-to-clean flooring that doesn't skimp on style, from cork to porcelain tile to washable rugs.

Think replaceable

Burnham and designer Brian Patrick Flynn, founder of decordemon.com, are fans of cork flooring in high-traffic areas.

Cork squares are durable, made from natural wood fibres and can handle moisture. They also absorb sound well and come in a variety of colours and patterns. "Don't just picture a bulletin board" when you think of cork, Burnham says.

Cork offers a look similar to hardwood but is less expensive. And you can replace just one tile if a section gets damaged.

Think removable

Rugs can be a great way to delineate the space at an entryway, and many styles are washable. "I've done everything from rag rugs to Turkish carpets" in entryways, Burnham says.

Rather than investing in one expensive rug, she says, buy several that can be swapped out when one is being cleaned.

Meg Caswell, host of HGTV's Meg's Great Rooms, suggests shopping for carpet remnants. Carpet stores often keep their remnants out of sight, she says, but if you ask they should direct you to them. If you find a remnant piece you want, have it cut to size.

By using a remnant, you've created a custom piece with little expense.

Think durable

Try porcelain tiles for high-traffic entryways. It "looks like stone, but it's much less expensive than actual stone. We've done charcoal-grey, big rectangles of porcelain tile, and it's so much easier to sweep out or mop up because you can get it wet," says Burnham

THE ASSOCIATED PRESS

Think bold

Whatever material you use for your entryway floors, avoid pale neutrals and solids in favour of slightly bolder colours, patterns, and textures that hide dirt and signs of wear.

Bold florals or sunbursts might not be your taste, says Caswell, but entryways are a great place to "be riskier and push yourself, so you can incorporate a little more of your personality. You're making that statement when someone enters your home."

BETSY BURNHAM/THE ASSOCIATED PRESS

▶ A stone tiled entryway can withstand dripping umbrellas and muddy shoes.

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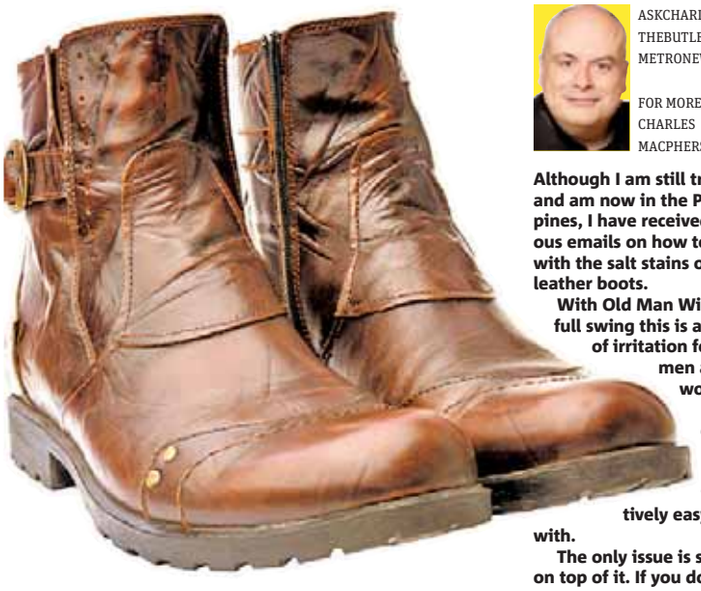
DEALING WITH THOSE SALTY WINTER BOOTS

ISTOCK

▶ Salt is enjoyable on french fries — not on leather boots.



CHARLES THE BUTLER

ASKCHARLES THEBUTLER@ METRONEWS.CA

FOR MORE, VISIT CHARLES MACPHERSON.COM

Although I am still travelling and am now in the Philippines, I have received numerous emails on how to deal with the salt stains on leather boots.

With Old Man Winter in full swing this is a source of irritation for both men and women.

The good news is that this is relatively easy to deal with.

The only issue is staying on top of it. If you don't remove the salt regularly, you will run the risk of it permanently damaging your boots.

1. With a damp rag, remove any excess dirt on the leather boot
2. Spray 100 per cent white vinegar on a rag or microfibre cloth and wipe the leather area of the boot, removing the salt
3. If you cloth gets dirty continue step 2 with a fresh clean cloth.

It's as simple as that, folks. I learned this trick from the shoeshine booth at the Waldorf Astoria hotel in New York City and it has never failed me.

Oh, and for those of you who are very particular, the vinegar packs from fast food restaurants are great when you're out and about and want a quick polish before a business meeting or dinner date!

HAVE A QUESTION? SEND A MESSAGE TO ASKCHARLESTHEBUTLER@METRONEWS.CA

Brightening up for spring

Karl Lohnes checks out the latest trends from CB2 Help your home decor beat the winter blahs

DESIGN CENTRE

KARL LOHNES
HOME@
METRONEWS.CA

From runway to home fashions there is one thing for sure this spring; colour is on its way! Bright and cheery, they are being used not only on small accessories, but on furnishings, lamps and flooring also.

Three of the hippest colours you'll see at CB2 are turquoise, orange and lime. When used as shots of colour you can add a wake-up colour punch to any room.

Punchy furniture: Adding colourful fabric to a headboard, chair or ottoman is a great way to inject not only colour, but pattern into a room. Just one piece can inject giant personality to a room so be judicious as to how much you add.

If reupholstering furniture then spend good bucks to have it done right; not only will the fabric be admired but so will the workmanship.

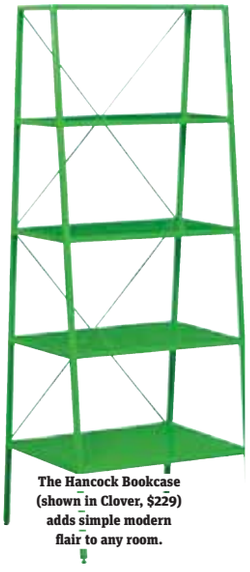
Colourful lighting: Whether it be a boldly coloured lampshade or a base, the best accessory this season is a coloured lamp.

Don't want to get rid of your current lamps? Try recovering the existing lampshade with a trendy-coloured wallpaper or fabric for fun.

Bold flooring

From pattern to plain, carpeting for spring is about creating a statement.

- **Simple bold shapes** and bursts of colour seem to be everywhere, but I like a simpler approach to colour by keeping the pattern plain.
- **A colourful rug** in the bath or beside the bed can help to wake up a room.
- **Use floor tiles** to mix and match your colours while keeping it very affordable.
- **Tip:** trends should be bought and easily replaced when new ones come around.



The Hancock Bookcase (shown in Clover, $229) adds simple modern flair to any room.

CB2

▶ Just a few colour-trend pieces can help wake up a neutral room. Parlour Bold Chair, $899, CB2.

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Weekly Cookbook

Fresh, the award-winning Canadian restaurant chain, is known for serving up meatless meals made from all-natural ingredients, full of exotic flavours and energy-boosting nutrients.

In their new book, fresh, founder Ruth Tal and co-owner and head chef, Jennifer Houston, share recipes from their enticing, healthy menu.

Among the eats included are: Quinoa Onion Rings, Kale and Oyster Mushroom Salad, Sunflower Sandwich, Avocado Cashew Banana Smoothie and more.

Veg your bets on health

Think you're getting enough veggies in your daily diet? New study suggests otherwise

CELIA MILNE
LIFE@METRONEWS.CA

C'mon guys. Eat your vegetables.

Most of us still don't eat enough fruits and vegetables to fend off major diseases, according to a new study done at Concordia University in Montreal. In particular, men, smokers and those with low incomes are at risk.

The World Health Organization has reported that eating five servings daily of fruit and vegetables helps in preventing diabetes, obesity, stroke and high blood pressure. Canadians, on average, fall just short of that.

"This study emphasizes the importance of eating sufficient fruits and vegetables," says lead author Mesbah Sharaf, a PhD candidate at Concordia. "It helps to identify the groups that need to be targeted for nutrition promotion policies aimed at encouraging fruit and vegetable consumption."

Sharaf and his team used a sample of 93,719 people from the 2007 Canadian Community Health Survey. They used statistical models to find out what lifestyle factors determine fruit and vegetable consumption.

The groups that need to work on healthier nutrition habits are those with a low income, those with low education, males, middle-aged people, singles, smokers, people with weak social interaction and adults who live in households with no children.

Quebec, which has a long history of farming, came out on top for fruit and vegetable consumption, compared to other provinces.

West vs. East

We're supposed to eat our fruits and veggies at least five times a day for best health. But do we? A new Canadian study shows eastern provinces lag behind.

- **Canadian average** 4.95 time a day
- **Quebec** 5.5 times a day
- **British Columbia** 4.9 times a day
- **Alberta, Saskatchewan, Manitoba and Ontario** 4.8 times a day
- **Atlantic provinces** 4.4 times a day

ISTOCK

▶ Men, smokers and those with low income are among those not getting enough vegetables.

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Looking to kick-start adding more veg into your routine? Try veggie-packed Muffuletta condiment

The hero-style sandwich condiment known as muffuletta would be a wonderful snack to serve to skiers, skaters and tobogganers this winter season.

A specialty of New Orleans, the sandwich is said to have originated in 1906. It consists of a round loaf of crusty Italian bread split horizontally and filled with an assortment of marinated olives and vegetables, deli meats and cheese.

The condiment in this recipe can be used in the sandwich or served on crisps partnered with soft goat cheese.

The ingredient Sambal oelek is a sauce made with chili peppers.

THE CANADIAN PRESS H/O

▶ This recipe makes about 500 ml (2 cups).

Preparation:

1. Finely chop green and kalamata olives, artichokes, sun-dried tomatoes, onion, capers, garlic and anchovies. Place in a bowl and stir to combine. Add oil, sambal oelek, vinegar, rosemary, parsley, oregano and pepper; stir again. Season with salt and pepper.

THE CANADIAN PRESS/LESLEY STOWE FIND FOODS

Ingredients:

- 175 ml (3/4 cup) green olives stuffed with pimento
- 50 ml (1/4 cup) kalamata olives, pitted
- 50 ml (1/4 cup) artichoke hearts
- 50 ml (1/4 cup) sun-dried tomatoes, softened
- 1/8 red onion
- 15 ml (1 tbsp) capers, drained
- 2 cloves garlic
- 2 anchovy fillets
- 50 ml (1/4 cup) olive oil
- 1 ml (1/4 tsp) sambal oelek
- 5 ml (1 tsp) balsamic vinegar
- 15 ml (1 tbsp) chopped fresh rosemary
- 15 ml (1 tbsp) chopped fresh parsley
- 1 ml (1/4 tsp) dried oregano
- 1 ml (1/4 tsp) freshly ground pepper
- Sea salt and freshly ground pepper, to taste

Jackman worthy of a raise

THE HOCKEY NEWS

CALGARY@METRONEWS.CA

Come this summer, the Calgary Flames will be faced with one reality. Playoffs or not, they'll have close to $20 million coming off the books heading into free agent season.

If the Flames make the playoffs, general manager Jay Feaster can use that money to fine-tune a veteran roster that showed gumption and drive in the second half, picking and choosing who he wants to keep.

If Calgary doesn't qualify for the playoffs, Feaster will surely look forward to turning over at least a third of his roster before trying again in October.

Say what you want about the evolution of Olli Jokinen, the hitting of Cory Sarich, the leadership of Brendan Morrison, the experience of Scott Hannan, plus five other unrestricted free agents (and five restricted free agents), if Calgary doesn't make the post-season in April, it'll be a tough sell bringing back the same aging veterans.

One unrestricted free agent that most certainly should be invited back regardless of whether the Flames make the playoffs is winger Tim Jackman. In fact, Feaster should sign Jackman to an extension right now. The 30-year-old native of Minot, N.D., has been toiling on a bargain contract for three years now getting paid just $550,000 annually.

▶ Flames forward Tim Jackman fights with the Blue Jackets' Jared Boll during a game in Calgary last month.

In two full seasons hustling and fighting and grinding and bleeding on Calgary's fourth line, Jackman has earned about the same as Matt Stajan does in 25 unproductive games.

While it's true Jackman's production has fallen off from a career-high 10 goals last season to just one through 47 games, his play is all about the intangibles. His energy level is equally high on the road as it is at home. He's willing to go into the corners and drop the gloves with anyone. His 10 fighting majors ranks among the top five in the league.

As far as fourth-line enforcing wingers around the league go, Jackman is among the quickest, he has a decent shot and ranks third behind Derek Dorsett of Columbus and Brandon Prust of the Rangers in average ice time per game.

Moreover, Jackman and fellow fourth-liner Tom Kostopoulos (also a UFA, making $916,667) set a good example for up-and-coming worker bees like Lance Bouma and Blair Jones.

Jackman will surely be sought after as a free agent in July. That's why it makes sense to sign him now and get that no-brainer out of the way.

4 sports

Flames preview

Calgary at Los Angeles
8:30 p.m.
TV: SNET

The Flames (21-20-6) face Los Angeles (23-15-9) in a rematch of last Saturday's game. The Kings beat Calgary 4-1 with two points from Mike Richards and 29-saves from Jonathan Quick. Quick is 3-1-3 in January, with a 1.51 goals-against average and .944 save percentage. Anze Kopitar is on a five-game point streak, with three goals and four assists.
THE CANADIAN PRESS

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EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-NY Rangers	44	29	11	1	3	125	90	62	14-4-0-2	15-7-1-1	7-3-0-0	W1
d-Boston	43	29	13	0	1	156	88	59	16-7-0-1	13-6-0-0	6-4-0-0	L1
d-Washington	45	25	18	0	2	128	127	52	17-6-0-1	8-12-0-1	7-3-0-0	W1
Philadelphia	44	27	13	2	2	149	129	58	11-6-1-1	16-7-1-1	6-4-0-0	W1
Ottawa	48	26	16	4	2	149	150	58	14-9-0-1	12-7-4-1	8-1-1-0	W1
New Jersey	45	26	17	1	1	126	126	54	12-7-0-1	14-10-1-0	6-3-1-0	W3
Pittsburgh	45	24	17	2	2	136	117	52	12-8-2-0	12-9-0-2	4-6-0-0	W3
Florida	45	21	14	5	5	115	127	52	11-5-1-5	10-9-4-0	3-3-3-1	L3
Toronto	45	22	18	3	2	139	140	49	12-7-2-2	10-11-1-0	4-5-1-0	L3
Winnipeg	46	21	20	3	2	116	133	47	14-8-0-1	7-12-3-1	4-6-0-0	W1
Buffalo	46	19	22	3	2	114	140	43	11-9-3-2	8-13-0-0	2-6-1-1	L3
Montreal	46	17	21	2	6	116	126	42	8-10-2-4	9-12-0-1	4-5-0-1	L1
NY Islanders	44	17	21	4	2	106	134	40	10-11-3-0	7-10-1-2	6-4-0-0	W1
Tampa Bay	45	18	23	1	3	126	159	40	12-7-0-1	6-16-1-2	4-5-0-1	W1
Carolina	48	16	24	4	4	124	156	40	11-11-0-3	5-13-4-1	4-4-0-2	L2

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Chicago	47	28	13	3	3	156	135	62	18-5-1-3	10-8-2-0	5-3-2-0	W2
d-Vancouver	47	28	15	0	4	151	117	60	12-6-0-3	16-9-0-1	5-3-0-2	L2
d-San Jose	43	26	12	3	2	125	100	57	15-7-2-0	11-5-1-2	7-1-1-1	W1
Detroit	46	30	15	1	0	149	105	61	18-2-1-0	12-13-0-0	8-2-0-0	W4
St. Louis	45	27	12	1	5	116	94	60	19-3-1-2	8-9-0-3	6-2-1-1	W2
Nashville	46	26	16	3	1	125	123	56	14-7-2-1	12-9-1-0	8-2-0-0	L1
Los Angeles	47	23	15	4	5	105	105	55	13-10-0-3	10-5-4-2	5-1-2-2	W1
Colorado	48	25	21	2	0	124	137	52	14-11-0-0	11-10-2-0	6-3-1-0	W1
Minnesota	46	22	17	2	5	106	118	51	12-6-1-2	10-11-1-3	2-6-0-2	L3
Dallas	45	24	19	0	2	122	129	50	13-8-0-2	11-11-0-0	4-5-0-1	L3
Phoenix	46	21	18	3	4	120	119	49	9-8-2-1	12-10-1-3	3-3-2-2	W1
Calgary	47	21	20	3	3	112	133	48	13-6-1-1	8-14-2-2	3-5-1-1	L2
Edmonton	45	17	24	1	3	116	131	38	11-7-1-2	6-17-0-1	2-7-1-0	L1
Anaheim	44	15	22	3	4	113	138	37	10-12-1-0	5-10-2-4	6-3-1-0	W2
Columbus	45	13	27	1	4	110	149	31	8-12-1-2	5-15-0-2	4-5-0-1	W1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Washington 3 Montreal 0
Chicago 6 Buffalo 2
Colorado 4 Florida 3 (OT)
Phoenix at Anaheim
Tuesday's results
Ottawa 3 Toronto 2
Columbus 4 Edmonton 2
Los Angeles 3 Vancouver 2 (SO)
San Jose 2 Calgary 1 (SO)
New Jersey 5 Winnipeg 1
Detroit 3 Dallas 2 (SO)
N.Y. Islanders 3 Washington 0
N.Y. Rangers 3 Nashville 0
Philadelphia 5 Minnesota 1
Pittsburgh 2 Carolina 1 (SO)
Tampa Bay 5 Boston 3

Tonight's games
All Times Eastern
Minnesota at Toronto, 7 p.m.
Boston at New Jersey, 7 p.m.
Pittsburgh at N.Y. Rangers, 7 p.m.
N.Y. Islanders at Philadelphia, 7 p.m.
Nashville at Columbus, 7 p.m.
Edmonton at St. Louis, 8 p.m.
Buffalo at Winnipeg, 8:30 p.m.
Detroit at Phoenix, 9 p.m.
Calgary at Los Angeles, 10:30 p.m.
Ottawa at San Jose, 10:30 p.m.
Tomorrow's games
Montreal at Pittsburgh, 7 p.m.
Washington at Carolina, 7 p.m.
Florida at Chicago, 8:30 p.m.
Tampa Bay at Dallas, 8:30 p.m.

CAPITALS 3, CANADIENS 0

First Period
1. Washington, Perreault 4 (Orlov, Eakin) 4:41
2. Washington, Johansson 10 (Brouwer, Hamrlik) 8:23
Penalties — Hendricks Wash, Bourque Mtl (fighting) 1:15, Gorges Mtl (roughing) 8:36, Erskine Wash (interference) 13:01, Wideman Wash (playing with broken stick) 15:14.
Second Period
3. Washington, Ovechkin 19 (Semin, Wideman) 10:44 (pp)
Penalties — Halpern Wash (holding) 2:48, Darche Mtl (double high-sticking) 7:53.
Third Period
No Scoring.
Penalties — Erskine Wash (elbowing, double high-sticking) 2:34, Pacioretty Mtl (interference) 5:19, Ovechkin Wash (delay of game) 9:23, Emelin Mtl (interference) 16:36.
Shots

Washington	5	5	6	16
Montreal	7	7	17	31

Goal — Washington: Neuvirth (W,6-7-2); Montreal: Price (L,15-17-8). **Power plays (goals-chances)** — Washington: 1-5; Montreal: 0-7.
Referees — Gord Dwyer, Stephen Walkom.
Linesmen — Pierre Champoux, Jonny Murray.
Attendance — 21,273 (21,273) at Montreal.

LATE TUESDAY

KINGS 3, CANUCKS 2 (SO)

First Period
1. Los Angeles, Penner 3 (Doughty, Scuderi) 9:06
Penalty — Fraser LA (roughing) 15:11.
Second Period
2. Vancouver, D.Sedin 20 (Edler, Burrows) 2:41 (pp)
3. Los Angeles, Williams 9 (Mitchell, Kopitar) 15:14 (pp)
Penalties — Mitchell LA (tripping) 1:45, Fraser LA, Ballard Vcr (major) 3:45, Lapierre Vcr (cross-checking) 13:22, Richards LA (slashing) 15:50, Hansen Vcr (hooking) 18:50.
Third Period
4. Vancouver, Booth 6 (Hansen, Hodgson) 5:00
Penalty — Doughty LA (hooking) 8:51.
Overtime
No Scoring.
Penalties — None.
Shootout (Los Angeles wins 2-1)
Vancouver (1) — Raymond, miss; Hodgson, miss; Burrows, goal; **Los Angeles (2)** — Williams, goal; Johnson, miss; Richards, goal.
Shots

Los Angeles	15	10	12	4—41
Vancouver	10	9	12	3—34

Goal — Los Angeles: Quick (W,20-11-8); Vancouver: Luongo (SOL,18-10-4). **Power plays (goals-chances)** — Los Angeles: 1-2; Vancouver: 1-4.
Referees — Chris Lee, Justin St. Pierre. **Linesmen** — Tony Sericolo, Mark Wheler.
Attendance — 18,860 (18,860) at Vancouver.

SHARKS 2, FLAMES 1 (SO)

First Period
No Scoring.
Penalty — Glencross Cal (tripping) 9:30.
Second Period
1. Calgary, Butler 2 (Iginla, Backlund) 12:07
Penalty — Brodie Cal (boarding) 15:30.
Third Period
2. San Jose, Mitchell 5 (Handzus, Burns) 10:44
Penalties — None.
Overtime
No Scoring.
Penalties — Cammalleri Cal, Vlasic SJ (roughing) 5:00.
Shootout (San Jose wins 2-0)
Calgary (0) — Iginla, miss; Cammalleri, miss.
San Jose (2) — Marleau, miss; Handzus, goal; Burns, goal.
Shots

Calgary	6	11	8	3—28
San Jose	4	10	14	3—31

Goal — Calgary: Kiprusoff (L,20-15-3); San Jose: Niemi (W,20-8-5). **Power plays (goals-chances)** — Calgary: 0-0; San Jose: 0-2.
Referees — Rob Martell, Mike Leggo. **Linesmen** — Mike Cvik, Darren Gibbs.
Att. — 17,562 (17,562) at San Jose, Calif.

SOCCER

ENGLAND

FA CUP
THIRD ROUND — REPLAY
Yesterday's results
Wrexham 1 Brighton 1 (OT)
Brighton wins 5-4 on penalty kicks
Wolverhampton Wanderers 0 Birmingham 1

SCOTLAND

SCOTTISH CUP
FOURTH ROUND — REPLAY
Yesterday's result
Dunfermline 1 Inverness 3 (OT)

SPAIN

COPA DEL REY
QUARTER-FINALS — FIRST LEG
Yesterday's results
Athletic Bilbao 2 Mallorca 0
Real Madrid 1 Barcelona 2

ITALY

ITALIAN CUP
Yesterday's result
AC Milan 2 Novara 1 (OT)

NFL PLAYOFFS

CONFERENCE CHAMPIONSHIPS
Sunday's games
All Times Eastern
Baltimore (13-4) at New England (14-3), 3 p.m.
N.Y. Giants (11-7) at San Francisco (14-3), 6:30 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
d-Chicago	13	3	.813	—
Indiana	9	3	.750	2
d-Atlanta	11	4	.733	1½
d-Philadelphia	10	4	.714	2
Orlando	10	4	.714	2
Miami	9	4	.692	2½
Cleveland	6	7	.462	5½
New York	6	8	.429	6
Boston	5	8	.385	6½
Milwaukee	4	9	.308	7½
New Jersey	4	11	.267	8½
Toronto	4	11	.267	8½
Detroit	3	12	.200	9½
Charlotte	3	12	.200	9½
Washington	2	12	.143	10

WESTERN CONFERENCE

	W	L	Pct	GB
d-Oklahoma City	12	3	.800	—
Utah	9	4	.692	2
d-San Antonio	10	5	.667	2
d-L.A. Lakers	10	5	.667	2
Denver	10	5	.667	2
L.A. Clippers	7	4	.636	3
Portland	8	6	.571	3½
Dallas	8	6	.571	3½
Memphis	7	6	.538	4
Houston	7	7	.500	4½
Minnesota	6	8	.429	5½
Phoenix	5	9	.357	6½
Golden State	5	9	.357	6½
Sacramento	4	10	.286	7½
New Orleans	3	11	.214	8½

d-division leaders ranked in top four positions.

Last night's results
San Antonio 85 Orlando 83 (OT)
Washington 105 Oklahoma City 102
Denver 108 Philadelphia 104 (OT)
Boston 96 Toronto 73
New Jersey 107 Golden State 100
Phoenix 91 New York 88
Memphis 93 New Orleans 87
Minnesota 93 Detroit 85
Atlanta 92 Portland 89
Indiana at Sacramento
Dallas at L.A. Clippers
Tuesday's results
Golden State 105 Cleveland 95
Orlando 96 Charlotte 89
Miami 120 San Antonio 98
Chicago 118 Phoenix 97
Houston 97 Detroit 80
Denver 105 Milwaukee 95
Utah 108 L.A. Clippers 79

Tonight's games
All Times Eastern
New Orleans at Houston, 8 p.m.
L.A. Lakers at Miami, 8 p.m.
Dallas at Utah, 10:30 p.m.
Tomorrow's games
Portland at Toronto, 7 p.m.
Denver at Washington, 7 p.m.
Atlanta at Philadelphia, 7 p.m.
Phoenix at Boston, 7:30 p.m.
Chicago at Cleveland, 7:30 p.m.
Memphis at Detroit, 7:30 p.m.
Milwaukee at New York, 7:30 p.m.
L.A. Lakers at Orlando, 8 p.m.
Sacramento at San Antonio, 8:30 p.m.
Indiana at Golden State, 10:30 p.m.
Minnesota at L.A. Clippers, 10:30 p.m.

TENNIS

AUSTRALIAN OPEN
At Melbourne, Australia
MEN
Singles — Second Round
Rafael Nadal (2), Spain, def. Tommy Haas, Germany, 6-4, 6-3, 6-4.
Roger Federer (3), Switzerland def. Andreas Beck, Germany, walkover.
Tomas Berdych (7), Czech Republic, def. Olivier Rochus, Belgium, 6-1, 6-0, 7-6 (4).
Alejandro Falla, Colombia, def. Mardy Fish (8), U.S., 7-6 (4), 6-3, 7-6 (6).
Nicolas Almagro (10), Spain, def. Grigor Dimitrov, Bulgaria, 4-6, 6-3, 6-7 (4), 6-4, 6-0.
Juan Martin del Potro (11), Argentina, def. Blaz Kavcic, Slovenia, 6-4, 7-5, 6-3.
Alexandr Dolgopolov (13), Ukraine, def. Tobias Kamke, Germany, 4-6, 6-1, 6-1, 3-6, 8-6.
John Isner (16), U.S., def. David Nalbandian, Argentina, 4-6, 6-3, 2-6 ,7-6 (5), 10-8.
Feliciano Lopez (18), Spain, def. Flavio Cipolla, Italy, 7-5, 7-6 (4), 6-2.
Stanislas Wawrinka (21), Switzerland, def. Marcos Baghdatis, Cyprus, 7-6 (3), 6-4, 5-7, 6-1.
Kevin Anderson (30), South Africa, def. Sergiy Stakhovsky, Ukraine, 3-6, 6-1, 7-6 (3), 6-3.
Doubles — First Round
Mahesh Bhupathi and Rohan Bopanna (4), India, def. Matthew Ebden and Chris Guccione, Australia, 5-7, 6-4, 6-4.
Mariusz Fyrstenberg and Marcin Matkowski (6), Poland, def. Jamie Delgado and Jonathan Marray, Britain, 6-4, 6-4.
Aisam-ul-Haq Qureshi, Pakistan, and Jean-Julien Rojer (8), Curacao, def. Ivan Ljubicic, Croatia, and Cedrik-Marcel Stebe, Germany, 6-3, 7-6 (11).
Frantisek Cermak, Czech Republic, and Filip Polasek (11), Slovakia, def. Julien Benneteau and Nicolas Mahut, France, 6-4, 7-6 (1).
Santiago Gonzalez, Mexico, and Christopher Kas (12), Germany, def. Marcel Granollers, Spain, and Lukasz Kubot, Poland, 6-4, 7-6 (1).
Scott Lipsky and Rajeev Ram (13), U.S., def. Albert Montanes and Albert Ramos, Spain, 7-6 (4), 7-6 (8).
Simone Bolelli and Fabio Fognini (14), Italy, def. Rui Machado, Portugal, and Lukas Rosol, Czech Republic, 5-7, 6-4, 6-2.
Colin Fleming and Ross Hutchins (15), Britain, def. Ryan Harrison and Ryan Sweeting, U.S., 7-5, 7-6 (2).
Philipp Marx, Germany, and **Adil Shamasdin, Pickering, Ont.**, def. Thomaz Bellucci and Marcelo Melo, Brazil, 7-5, 7-6 (7).
WOMEN
Singles — Second Round
Caroline Wozniacki (1), Denmark, def. Anna Tatishvili, Georgia, 6-1, 7-6 (4).
Victoria Azarenka (3), Belarus, def. Casey Dellacqua, Australia, 6-1, 6-0.
Li Na (5), China, def. Olivia Rogowska, Australia, 6-2, 6-2.
Agnieszka Radwanska (8), Poland, def. Paula Ormaechea, Argentina, 6-3, 6-1.
Kim Clijsters (11), Belgium, def. Stephanie Foretz Gacon, France, 6-0, 6-1.
Jelena Jankovic (13), Serbia, def. Chang Kai-chen, Taiwan, 6-4, 6-2.
Romina Oprandi, Italy, def. Francesca Schiavone (10), Italy, 6-4, 6-3.
Iveta Benesova, Czech Republic, def. Peng Shuai (16), China, 6-2, 6-4.
Daniela Hantuchova (20), Slovakia, def. Lesia Tsurenko, Ukraine, 4-6, 6-4, 6-3.
Julia Goerges (22), Germany, def. Eleni Daniilidou, Greece, 6-2, 2-0, retired.
Anabel Medina Garrigues (26), Spain, def. Olga Govortsova, Belarus, 6-1, 6-0.
Monica Niculescu (31), Romania, def. Pauline Parmentier, France, 4-6, 6-4, 6-1.
Mona Barthel, Germany, def. Petra Cetkovska (32), Czech Republic, 7-5, 6-3.
Doubles — First Round
Liezel Huber and Lisa Raymond (2), U.S., def. Anabel Medina Garrigues, Spain, and Anastasia Pavlyuchenkova, Russia, 6-3, 6-1.
Vania King, U.S., and Yaroslava Shvedova (3), Kazakhstan, def. Kristina Barrois and Anna-Lena Groenefeld, Germany, 1-6, 6-3, 6-1.
Maria Kirilenko and Nadia Petrova (5), Russia, def. Lourdes Dominguez Lino, Spain, and Tamarine Tanasugarn, Thailand, 6-2, 4-6, 6-1.
Andrea Hlavackova and Lucie Hradecka (7), Czech Republic, def. Magdalena Rybarikova, Slovakia, and Klara Zakopalova, Czech Republic, 6-2, 7-5.
Natalie Grandin, South Africa, and Vladimira Uhlirova (9), Czech Republic. def. Sorana Cirstea, Romania, and Lucie Safarova, Czech Republic, 2-6, 6-4, 6-4.
Iveta Benesova and Barbora Zahlavova Strycova (10), Czech Republic, def. Akgul Amanmuradova, Uzbekistan, and Mariya Koryttseva, Ukraine, 6-4, 6-1.
Sara Errani and Roberta Vinci (11), Italy, def. Tammi Patterson and Storm Sanders, Australia, 6-0, 6-0.
Vera Dushevina, Russia, and Shahar Peer (16), Israel, def. Sofia Arvidsson and Johanna Larsson, Sweden, 7-5, 6-3.
EARLY TODAY
MEN
Singles — Second Round
Jo-Wilfried Tsonga (6), France, def. Ricardo Mello, Brazil, 7-5, 6-4, 6-4.
Milos Raonic (23), Thornhill, Ont., def. Philipp Petzschner, Germany, 6-4, 5-7, 6-2, 7-5.
Juan Ignacio Chela (27), Argentina, def. Pablo Andujar, Spain, 6-4, 6-4, 6-3.
Michael Llodra, France, def. Alex Bogomolov, Jr. (32), Russia, 6-1, 6-3, 4-6, 5-7, 6-4.
Doubles — First Round
Max Mirnyi, Belarus, and **Daniel Nestor (2), Toronto**, def. Benjamin Mitchell and Matt Reid, Australia, 6-2, 6-2.
Robert Lindstedt, Sweden, and Horia Tecau (7), Romania, def. Andreas Siljestrom, Sweden, and Igor Zelenay, Slovakia, 6-3, 7-6 (6).
Daniele Bracciali and Potito Starace, Italy, def. Xavier Malisse, Belgium, and Ken Skupski, Britain, 7-6 (4), 6-3.
Mikhail Elgin and Alexander Kudryavtsev, Russia, def. Robin Haase, Netherlands, and Jarkko Nieminen, Finland, 6-2, 7-6 (6).
Colin Ebelthite and Marinko Matosevic, Australia, def. Luke Saville and Andrew Whittington, Australia, 6-0, 6-3.
Julian Knowle, Austria, and Michael Kohlmann, Germany, def. Paul Hanley, Australia, and Jamie Murray (16), Britain, 7-6 (2), 4-6, 7-6 (5).
Juan Sebastian Cabal and Robert Farah, Colombia, def. Sergiy Stakhovsky, Ukraine, and Mikhail Youzhny, Russia, 6-4, 7-5.
WOMEN
Singles — Second Round
Maria Sharapova (4), Russia, def. Jamie Hampton, U.S., 6-0, 6-1.
Vera Zvonareva (7), Russia, def. Lucie Hradecka, Czech Republic, 6-1, 7-6 (3).
Serena Williams (12), U.S., def. Barbora Zahlavova Strycova, Czech Republic, 6-0, 6-4.
Ana Ivanovic (21), Serbia, def. Michaella Krajicek, Netherlands, 6-2, 6-3.
Ekaterina Makarova, Russia, def. Kaia Kanepi (25), Estonia, 6-2, 7-5.
Sara Errani, Italy, def. Nadia Petrova (29), Russia, 6-2, 6-2.
Angelique Kerber (30), Germany, def. **Stephanie Dubois, Laval, Que.**, 7-5, 6-1.
Doubles — First Round
Gisela Dulko, Argentina, and Flavia Pennetta (4), Italy, def. Irina Falconi, U.S., and **Rebecca Marino, Vancouver**, 3-6, 6-4, 6-4.
Jarmila Gajdosova, Australia, and Bethanie Mattek-Sands (12), U.S., def. Nina Bratchikova, Russia, and Darija Jurak, Croatia, 4-6, 6-3, 6-2.
Bojana Bobusic and Sacha Jones, Australia, def. Liga Dekmeijere, Latvia, and Maria Kondratieva, Russia, 6-4, 6-1.
Tamira Paszek, Austria, and Jasmin Woehr, Germany, def. Peng Shuai, China, and Francesca Schiavone, Italy, 3-6, 5-2, retired.

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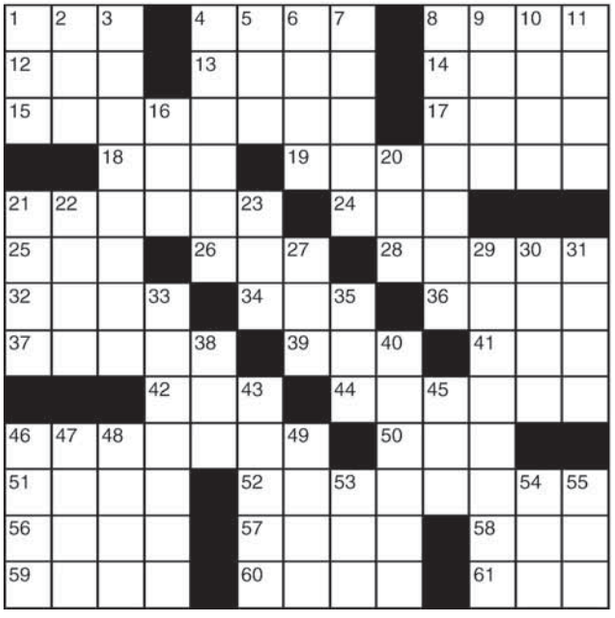
Crossword



Across

1 Vacationing
4 Wasn't colorfast
8 Ohio nine
12 Neither mate
13 Ethereal
14 List-ending abbr.
15 Blackmailer's task
17 — mater
18 Barracks bed
19 Apparent
21 Incalculable
24 Witness
25 Island neckwear
26 Conclusion
28 Door fastener
32 Corner
34 Do sums
36 Salver
37 Cancel
39 "— the season ..."
41 Cleo's slayer
42 Calendar abbr.
44 Type of raincoat
46 Vanquish
50 Director's cry
51 Stead
52 Double-take, e.g.
56 Actress Jessica
57 Barn roof decoration
58 Sphere
59 "Hey, you!"
60 Eastern potentate
61 PBS funding org.

Down

1 Individual
2 "Family Guy" airer
3 Bit
4 Fight
5 Roman 52
6 Cupid's counterpart
7 Units of force
8 Beef, e.g.
9 Needle case
10 "Phooey!"
11 Smeltery refuse
16 Bill's partner
20 Conger or moray
21 Radius neighbor
22 Element no. 10
23 Modern-day evidence
27 Old insecticide
29 Tension caused by pulling
30 Moolah
31 Syringe, for short
33 Fruit used in preserves
35 Brief swim
38 Rawls or Reed
40 World Cup game
43 Gall
45 Eccentric
46 Applaud
47 Rembrandt works
48 Beaks
49 Stationery unit
53 Singer DiFranco
54 Tramcar load
55 Cagers' org.

▶ Yesterday's answer

A	T	M	■	D	U	A	L	■	D	I	A	L
D	U	E	■	E	R	G	O	■	E	R	I	E
D	N	A	■	B	L	A	C	K	B	E	L	T
S	A	L	S	A	■	■	H	E	R	■	■	■
■	■	■	E	R	L	E	■	G	I	D	D	Y
B	L	A	C	K	I	C	E	■	S	O	D	A
A	I	D	■	S	M	O	G	S	■	P	A	L
B	L	O	W	■	B	L	A	C	K	E	Y	E
A	T	S	E	A	■	I	D	E	A	■	■	■
■	■	■	B	U	S	■	■	N	Y	L	O	N
B	L	A	C	K	H	O	L	E	■	A	G	E
L	I	M	A	■	O	D	O	R	■	P	R	O
T	E	A	M	■	E	D	G	Y	■	P	E	N

Sudoku

		8	7			3		
3	5			9	2			
9			3				1	
7				4				3
		5				6		
6				3				4
	9				1			2
			4	2			7	9
		7			6	8		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

4	7	6	5	8	2	9	1	3
8	2	3	1	9	4	7	5	6
5	1	9	7	3	6	8	2	4
2	6	5	8	4	7	1	3	9
1	9	8	3	6	5	4	7	2
3	4	7	2	1	9	6	8	5
7	3	4	9	5	1	2	6	8
9	5	2	6	7	8	3	4	1
6	8	1	4	2	3	5	9	7

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

My handsome Knight
It is not getting easier being separated from you,,,,but I am managing the best I can....You are in my soul forever and ever till the end of tme....and that I promise you. **YOUR LADY**

Mr.Moussy
Dear Mr.Moussy, I know we're not together anymore but there wasn't a single day I went without thinking of you. I truly love you & I am sorry for all the mistakes I made throughout our relationship. I hope you have the heart to forgive me till then I'll wait for you patiently. I don't care how long it takes, I'll still love you the same regardless. Every moment without you,it seems like eternity. Just remember this, you are the only for me<3. **BUNNIEBOO**

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A look at the weather

TODAY	FRIDAY	SATURDAY
Min -30°	Min -27°	Min -7°
Max -20°	Max -20°	Max 0°

Andrew Schultz, Meteorologist
BT BREAKFAST TELEVISION

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". **WEEKDAYS 5:30AM**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20
There is a luck factor working in your favour at the moment, but you still have to work hard.

♉ Taurus April 21-May 21
Start making new career plans today. Get ahead and make sure you stay ahead.

♊ Gemini May 22-June 21
The planets are very much on your side at the moment, so don't be afraid to take a few risks.

♋ Cancer June 22-July 22
Someone may sound sincere but according to the planets, he or she is trying to trick you into believing something that is simply not true.

♌ Leo July 23-Aug.23
Partners may seem more dominant than usual today, but the only power they have over you is the power you give them.

♍ Virgo Aug. 24- Sept. 22
If you want to be on top of your game today, a positive mental attitude is an absolute must.

♎ Libra Sept. 23-Oct. 23
This is potentially a great time of the year for you but you've got to be way more upbeat.

♏ Scorpio Oct. 24-Nov. 22
If you poke your nose where it is not wanted today, you run the risk of losing a friend's support.

♐ Sagittarius Nov. 23-Dec. 21
The Sun soon moves into one of the better areas of your chart and money worries won't a burden.

♑ Capricorn Dec. 22-Jan. 20
If you have been looking to end an association that has become a bit of a burden, now is the time.

♒ Aquarius Jan. 21-Feb. 18
Life's pace is about to pick up on every front, but that's OK because you have been operating well below capacity in recent weeks.

♓ Pisces Feb. 19-March 20
There's danger in deciding to take the easy way out of a dilemma. Don't do it. **SALLY BROMPTON**

Caption contest

PATRICK SEMANSKY/ THE ASSOCIATED PRESS

CHARLIE NEIBERGGALL/ THE AP

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in Thursday's Metro.

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